



For more information about recommended immunizations, visit the Department of Health web site at www.doh.wa.gov/cfh/immunize

or call the toll-free Healthy Mothers, Healthy Babies hotline at **1-800-322-2588.**

For persons with disabilities, this document is available on request in other formats. Please call 1-800-525-0127 or TTY relay at 1-800-833-6388.



IMMUNIZE
At All Ages

Why are immunizations important?



Children...Adolescents...Adults...

Why are immunizations important for all ages?

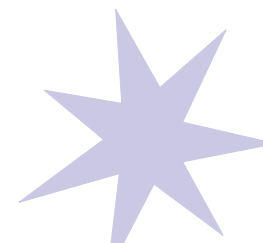
- Immunizations save lives. Many serious diseases can be prevented by timely vaccinations.
- Without immunizations, diseases that were once common may return to sicken, and even kill, infants, children, adolescents and adults.
- Immunizations help prevent the spread of disease. Disease is spread through communities by infecting people who are not immunized.
- There are also a small number of people who do not respond to immunizations that can become infected.
- Many of the diseases prevented by vaccines cannot be easily or effectively treated or cured and may lead to death.
- Infants are more vulnerable to disease because their immune systems aren't fully developed and cannot fight off diseases on their own.

What diseases can you be protected against?

Vaccines will protect you against these 12 common diseases:

- | | |
|------------------------------|---|
| • Mumps | • Haemophilus influenza type b (Hib meningitis disease) |
| • Measles | • Hepatitis A |
| • Rubella (German measles) | • Hepatitis B |
| • Diphtheria | • Varicella (chickenpox) |
| • Pertussis (whooping cough) | • Pneumococcal disease |
| • Tetanus | |
| • Polio | |

Sometimes immunizations are given as a combination vaccine, such as MMR, which protects against measles, mumps, and rubella, or DTaP, which protects against diphtheria, tetanus and pertussis. Several doses of most vaccines are needed to protect you completely.



Children...



Which vaccines are recommended for children?

- 3 doses of hepatitis B vaccine
- 5 doses of DTaP (to protect against diphtheria, tetanus, and pertussis)
- 4 doses of Hib (to protect against *haemophilus influenza* type b)
- 4 doses of polio vaccine
- 2 doses of MMR (to protect against measles, mumps, and rubella)
- 1 dose of varicella (to protect against chickenpox)
- 4 doses of pneumococcal conjugate vaccine
- 2 doses of hepatitis A vaccine

Adolescents...

Which vaccines are recommended for adolescents?

Adolescents need immunizations too. A regular appointment with your child's provider at age 11-12 is recommended.

- 2nd dose of MMR (if not given before)
- Td (tetanus, diphtheria) booster every 10 years throughout life
- 3 doses of hepatitis B (if not given before)
- 2 doses of varicella (if not given before and child did not have chickenpox)
- 2 doses of hepatitis A (if not given before)

Adults...

Adults – you need immunizations, too.

Many adults don't realize that they need immunizations too. Check with your provider to see if you need hepatitis A, hepatitis B, MMR or varicella (if you have not had the chickenpox). In addition, adults need:

- A Td booster every 10 years throughout life.
- An influenza (or flu) shot every year. The vaccine changes every year as new types of influenza occur.
- A pneumococcal vaccine—one dose after age 65 protects most people for a lifetime.



Do your part...

Does the law require all children in Washington State be immunized?

- Yes. All children must be immunized before they enter a licensed childcare facility, preschool, HeadStart/ECEAP program or school.
- Medical, personal or religious exemptions are available.
- Children who do not receive their immunizations on time or do not have a signed exemption form, can be excluded from school, preschool or licensed childcare in Washington State.

What if I can't afford immunizations?

The Department of Health provides vaccines for children 0-18 years old at no cost to doctors, community health clinics, and local health departments. In turn, they cannot charge for the vaccine, but may charge for an office visit and/or vaccine administration fee.

There are programs that can assist you if you have no health insurance or need help finding low cost health care. Call the Healthy Mothers, Healthy Babies toll-free hotline at 1-800-322-2588 for a referral.

Adults, check with your insurance plan to see if it covers immunizations. Medicare, Part B covers influenza and pneumococcal vaccines.

Can children "catch up" if they miss an immunization?

Yes, they can catch up. But until they do, they are needlessly at risk for getting a disease that can be prevented by being immunized.

The bottom line.

Timely immunizations help protect children, adolescents, and adults from serious diseases.

Follow these simple steps to make sure your family is protected:

- Talk to your health care provider if you have any questions or concerns about immunizations.
- Keep a permanent record of all immunizations that you and your child receive.
- Follow the recommended schedule for immunizations. Check at each clinic visit to see if you or your child is due for any immunizations.
- Vaccines are very safe. This is due to ongoing research which is held to the highest safety standards.

Make sure the people in your life get all the recommended immunizations.





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